

# **Reports on the Effects Long-Term Participation In The Monroe Institute Programs**

## **Participant F**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant F**

Throughout high school he had wanderlust bad. He started hitch hiking taking a total of six trips that took him hundreds of miles from home. After that, university wasn't very exciting and he moved from one school to another before leaving school to work on the East Coast, then the West Coast, and eventually in Europe where he also studied theater.

He returned to the U.S. and "closed out my theater interest." But this merely opened another door to another interest, this time in commercial design and manufacturing. Eventually he completed his degree and then later accomplished an MBA. Along the way he got married and had a family. "The marriage has been volatile with a fair amount of disagreement . . . we just have different objectives for our lives." His interests are as wide as his imagination and stir him deeply. Nearly 30 years ago he created a list of important things to do in his life. "I review it once a year and create an annual plan."

When asked to describe his life, he launches into an eloquent soliloquy: "At 20 I experienced the world as this wonderful place to explore and discover. The world came to me. At 33 I felt like I was driving the bus. At 56 I was both the passenger and the driver of the bus, but my GPS was broken and I didn't know exactly where I was going."

#### **Understanding Transpersonal Experiences**

- I am feeling restless again. It is a periodic thing, and it tells me that there is something else I need at the stage I am in. This is the clearest sense of restlessness I have experienced, much less noise around it than in the past. In the past, I worked through my stages of restlessness by just sitting with it. The question now is not what's next, but what I want to make next.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

As a child I could see things out of the corner of my eye and believed I was seeing into other dimensions.

- Started a manufacturing business and sold it. Currently runs his second business in manufacturing supply.

- Studied acting in Paris after college.
- Cooking, car repair, and general mechanics. Outward bound, cross-country running, and wrestling in school. Yoga as a young adult. Currently rides motorcycles, pilot's sailboats, and has gone skydiving.

### **Other Personal Development Activities**

- Undertook Intensive Yoga training in early adulthood (the result was a Kundalini experience), has done Past life regression analysis, and read the works of Elizabeth Kubler-Ross's on death and dying (became a hospice volunteer), and did research into Hindu philosophy.

### **Relationship with Inner Guidance**

- I have experienced a place filled with love that is always there; a place I go back to whenever I want. It is a reassuring feeling I carry.

### **Compassion for Oneself and Others**

- All my life I have felt there was always something other than me that took care of me.

## **Reflections**

TMI has allowed me to breath, relax, and just be better than anywhere else on a consistent basis. There are people there who I can share things with which made it easier to be me – to accept myself and not have